



# Teen-Themed Workout

This is a teen-friendly workout designed to enhance teens health and physical fitness. This is a great exercise to do at home or school to break up sitting time or before practice as a warm up.

## The warm up

To warm up, walk or lightly jog on the spot or around the room for 2 minutes. Be sure to swing your arms to get your upper body warm as well.

## The workout

Perform the 5 exercises below as quickly as possible, do 1-2 cycles, moving at a quick pace from one exercise to the next.

## The moves

**You can perform these exercises at three levels.**

**Beginner:**  
30 second intervals,  
10 seconds rest

**Intermediate:**  
45 second intervals,  
15 seconds rest

**Advanced:**  
60 second intervals,  
30 seconds rest



### Burpee

**Total-Body: Flexibility, Muscle Endurance, Cardio Endurance**

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor in front of you, shifting your weight onto your hands. Jump your feet back to a plank position, forming a straight line from your head to heels. Jump your feet back so that they land just outside of your hands. Reach your arms over head and jump up into the air, then repeat.



### Push-ups

**Muscle Strength and Endurance**

Lie on your stomach with your feet shoulder-width apart. Bring your hands directly under your shoulders. Keeping your back straight and core tight, push your bodyweight up on your knees until your elbows are extended (but not locked). Now, slowly lower yourself back to the ground. Then return to your starting position and repeat.



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## High-Plank to Toe-Touch

**Flexibility, Balance, Coordination**

Start in a high plank position. Push your hips up and back high, keeping your legs straight (think inverted "V"). Take your right hand and reach for your left toe. Return to the high plank position, back straight and your hands under your shoulders. Repeat with your left hand.



## Jumping Jacks

**Body Composition, Coordination, Agility, Cardio Endurance**

Stand with your feet together and your arms by your side. Jump both feet out to the sides; at the same time, lift your arms over your head as high as possible. Your body should look sort of like a star. Jump to bring both feet back together as your arms return to your side.



## Skaters

**Great for Strengthening and Developing Lateral Knee Control -  
Body Composition, Coordination, Agility, Balance, Cardio Endurance,  
Muscle Strength and Endurance (Loading)**

From a standing position, shift your weight onto one leg, bending your knee lower your hips a few inches while crossing your opposite foot behind you (off the ground). Jump diagonally by pushing off your supporting leg (focus on vertical leap). Land softly on your opposite leg, cross jumping leg behind you swinging arms across your body. Quickly repeat jumping to the other side.